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# Let's Talk Extension Nutrition



With Evelyn L. Blanchard, Nutrition Specialist

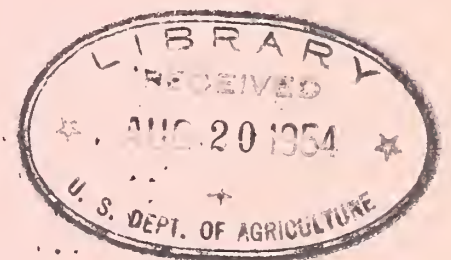
## INSTRUCTIONS FOR QUESTIONNAIRE

To answer this questionnaire, start with the first food down the left-hand side (fruit salad). Then read the first question, which is above the first three columns of the table. If fruit salad is served often in your home, check under the word "Often"; if it is not served often, but sometimes, put a check mark in the column under "Not very often"; if it is not served in your home at all, put a check mark under "No."

Then, move along to the next question, about whether you yourself have ever fixed that kind of food. If you have done so all by yourself, put a check mark under "All by yourself"; if you have prepared it with the help of someone else, put a check mark in the next column; if you have never fixed it, put a check mark under "Never."

If you have never prepared that kind of food, alone or with someone else, answer the last question about whether or not you would like to learn to prepare it. If you would like to learn how, put a check mark under the "Yes"; if not, put a check mark under the "No."

After you have finished the first food listed, do the same for the next one. Continue on through the list of foods.



U.S. Department of Agriculture, Extension Service, Washington 25, D.C.



FOR 4-H CLUB MEMBERS

Club you belong to \_\_\_\_\_ Name \_\_\_\_\_

County \_\_\_\_\_ State \_\_\_\_\_ Date \_\_\_\_\_ Age \_\_\_\_\_

: Are the following	: Have you your-	: Would you like
: foods ever included	: self ever	: to learn how
: in the meals or	: fixed or pre-	: to make them
: lunches in your	: pared any of	: or others of
: home?	: them?	: this type?
: Often: Not very	: No	: All by: With help: No: Yes
: : often	: : Your- : of mother: : : :	
: : :	: : self : or some- : : : :	
: : :	: : one else : : : :	

Salads:

Fruit.....	:	:	:	:	:	:	:
Fish or meat.....	:	:	:	:	:	:	:
Jellied.....	:	:	:	:	:	:	:
Potato.....	:	:	:	:	:	:	:
Mixed.....	:	:	:	:	:	:	:
Slaw.....	:	:	:	:	:	:	:
Cottage cheese.....	:	:	:	:	:	:	:

Breads:

Muffins.....	:	:	:	:	:	:	:
Biscuits.....	:	:	:	:	:	:	:
Cornbread.....	:	:	:	:	:	:	:
Yeast rolls.....	:	:	:	:	:	:	:
Hotcakes.....	:	:	:	:	:	:	:
Waffles.....	:	:	:	:	:	:	:
Coffeecake.....	:	:	:	:	:	:	:
Fruit and nut.....	:	:	:	:	:	:	:

Vegetables:

Greens.....	:	:	:	:	:	:	:
Carrots.....	:	:	:	:	:	:	:
Corn.....	:	:	:	:	:	:	:
Snap beans.....	:	:	:	:	:	:	:
Potatoes.....	:	:	:	:	:	:	:
Green lima beans.....	:	:	:	:	:	:	:
Green peas.....	:	:	:	:	:	:	:
Cabbage.....	:	:	:	:	:	:	:
Broccoli.....	:	:	:	:	:	:	:
Cauliflower.....	:	:	:	:	:	:	:
Tomatoes.....	:	:	:	:	:	:	:
Mixed vegetable soup..	:	:	:	:	:	:	:

Preparation of:

Frozen vegetables.....	:	:	:	:	:	:	:
Canned vegetables.....	:	:	:	:	:	:	:
Fresh vegetables.....	:	:	:	:	:	:	:



FOR LEADERS

Your club's name \_\_\_\_\_

Age of members

From \_\_\_\_\_ to \_\_\_\_\_

County \_\_\_\_\_ State \_\_\_\_\_

: Are the following : Do you think your club  
: foods ever included : members would like to  
: in the meals or : learn to make these or  
: lunches in your : others of this type?  
: home? :

: Often: Not very : No : Yes : No  
: : often : : : :

Salads:

Fruit.....	:	:	:	:	:
Fish or meat.....	:	:	:	:	:
Jellied.....	:	:	:	:	:
Potato.....	:	:	:	:	:
Mixed.....	:	:	:	:	:
Slaw.....	:	:	:	:	:
Cottage cheese.....	:	:	:	:	:

Breads:

Muffins.....	:	:	:	:	:
Biscuits.....	:	:	:	:	:
Cornbread.....	:	:	:	:	:
Yeast rolls.....	:	:	:	:	:
Hotcakes.....	:	:	:	:	:
Waffles.....	:	:	:	:	:
Coffeecake.....	:	:	:	:	:
Fruit and nut.....	:	:	:	:	:

Vegetables:

Greens.....	:	:	:	:	:
Carrots.....	:	:	:	:	:
Corn.....	:	:	:	:	:
Snap beans.....	:	:	:	:	:
Potatoes.....	:	:	:	:	:
Green lima beans.....	:	:	:	:	:
Green peas.....	:	:	:	:	:
Cabbage.....	:	:	:	:	:
Broccoli.....	:	:	:	:	:
Cauliflower.....	:	:	:	:	:
Tomatoes.....	:	:	:	:	:
Mixed vegetable soup.....	:	:	:	:	:

Preparation of:

Frozen vegetables.....	:	:	:	:	:
Canned vegetables.....	:	:	:	:	:
Fresh vegetables.....	:	:	:	:	:



: Are the following	: Do you think your club
: foods ever included	: members would like to
: in the meals or	: learn to make these or
: lunches in your	: others of this type?
: home?	
: Often: Not very	: No: Yes: No
: often	

Appetizers?

Vegetable relish plate.....	:	:	:	:
Cheese dip.....	:	:	:	:
Seafood cocktail.....	:	:	:	:
Spreads for crackers.....	:	:	:	:
Fruit cocktail.....	:	:	:	:

Desserts:

Cookies.....	:	:	:	:
Cakes.....	:	:	:	:
Pies.....	:	:	:	:
Puddings.....	:	:	:	:
Frozen desserts.....	:	:	:	:
Fruit shortcake.....	:	:	:	:
Custard.....	:	:	:	:

Beverages:

Milk drink.....	:	:	:	:
Fruit drink.....	:	:	:	:
Cocoa.....	:	:	:	:
Tea.....	:	:	:	:
Coffee.....	:	:	:	:
Spiced cider.....	:	:	:	:

Main dishes:

Cheese souffle.....	:	:	:	:
Broiled steak.....	:	:	:	:
Fried chicken.....	:	:	:	:
Pizza.....	:	:	:	:
Sandwiches - cheese.....	:	:	:	:
hotdogs.....	:	:	:	:
hamburgers.....	:	:	:	:
Creamed soups.....	:	:	:	:
Spaghetti and noodle dish.....	:	:	:	:
Stews.....	:	:	:	:
Meat loaf.....	:	:	:	:
Chili.....	:	:	:	:
Baked fish.....	:	:	:	:
Stuffed pork chops.....	:	:	:	:
Baked beans.....	:	:	:	:

Which of the following food projects would you most like to take? Select only three in order of your preference. Write "1" before the project you would most like to take, then indicate your second and third choices by writing "2" and "3" before those projects:

- \_\_\_\_\_a. Out-of-door cookery.
- \_\_\_\_\_b. Meals from the freezer.
- \_\_\_\_\_c. Buffet meals.
- \_\_\_\_\_d. A picnic project.
- \_\_\_\_\_e. Snacks to be served after the game, dance etc.
- \_\_\_\_\_f. Foods for special events such as weddings, graduations, etc.
- \_\_\_\_\_g. Quick meals.
- \_\_\_\_\_h. Foods for informal parties.

## INSTRUCTIONS FOR HAVING FILLED OUT QUESTIONNAIRES

These questionnaires for members should be given by an agent or leader -- not sent out by mail. The agent or leader should read the instruction page to the younger members. The older members can read the page themselves and fill out the questionnaire. The questionnaire should be filled out by the individual under supervision. The members should not confer with each other.

### WHAT WILL WE FIND FROM THE QUESTIONNAIRE?

The object of this member's questionnaire is (1) to find the food patterns in the homes, (2) to find what the girls are now doing to help in the homes with foods, and (3) to find what their interests are.

### HAVE WE INCLUDED EVERY FOOD IN THIS LIST?

In order to keep the list from being too long we have tried to include at least one specific food of each type; for example, instead of cheese dishes we are asking about sandwiches and cheese souffle. More specific information will be obtained from the records. After the projects have been taken for a year, we can check back and see what they have selected.

### WHAT TYPE OF RECORD WILL TELL THIS?

I made X salad \_\_\_\_\_ times.

I served the following number of times at:

Breakfast \_\_\_\_\_

Lunch or supper \_\_\_\_\_

Dinner \_\_\_\_\_

Snack between meals \_\_\_\_\_

Party or club meeting \_\_\_\_\_

### CAN WE DEPEND ON THE INTERESTS ONLY?

Interest is very important, but there is more to a project than just the interest. Previous studies have shown that the interest may be above the level of ability. A 10-year-old may want to learn to make an angelcake even if it is beyond her ability. The members have had a limited experience so the only choice they make is based on foods they already know.

### THE AGENTS AND SPECIALISTS HAVE A RESPONSIBILITY FOR GUIDING THE PROJECT

Three factors are important in selecting material to go into the project:

1. Something the member has shown interest in.
2. Something the child should start learning.
3. Food pattern of the homes so the junior members can get help and support from the mothers. When we get to the senior group we need to broaden their horizons.







